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Colored Mixtures,
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HERBALO
Cures Constipation,
Makes New, Rich
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Stomach and Liver
Regulator
Cures the Kidneys.



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Agents for Hawaiian Islands.

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The great Washing Soda, used in
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Cheaper than Pearline.

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YOU MONEY.

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Morning
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Phone 1884

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C. Brewer & Co.,
LIMITED.

Sugar Factors
AND

Commission Merchants

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Has Had 23 Years' Experience in
Honolulu.
CLOTHES CLEANED, PRESSED,
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BERETANIA AND EMMA STREETS.
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OF ALL DESCRIPTIONS.

K. Uyeda
1023 Nuuanu Street.

Cotton Neill & Co.
Limited

Engineers, Machinists, Blacksmiths
and Boiler-makers.

First class work at reasonable rates.

Is The Microbe A Bogy And
Are We Daft On Germs?

(Dr. F. Helme in Le Temps, Paris.)

Fears never die; they only change
their form. Though we ridicule the old
ones, the new ones are as absurd. The
fear of microbes, I believe, is the lat-
est to emerge from the cavern of vain
phantoms. Distorted by mothers, who
lie awake nights because of it, the in-
finitesimal germ is equally a terror to
the children—the more so because
they cannot picture to their minds
the bogy that prevents their playing
in the sand or splashing in the water
or drinking out of fountains.

This new fear oppresses the major-
ity of mothers, poisoning their lives.
There are people who won't open a
door without first putting on gloves.
There are others who quiver with
dread when shaking hands with a
friend. Some sterilize their table-
cloths, some carry their own towels
and sheets when they travel. Pitch-
ers and basins must be burned out
with alcohol and washed with acid.
In fact, the microbe obsession makes
people afraid to be alive.

You will hear that the doctors cre-
ated this nightmare, but that is un-
just. In the first place, the doctors
realize how many multitudes of germs
lead a quiet, bourgeois life inside us
without doing the least mischief.
There are twenty-five varieties in the
mouth, for instance. Aside from be-
ing scrupulous regarding good food,
pure water, peace of mind, and the
usual care of the person, one may
safely leave the body to defend itself.
It will do it admirably.

While the skin protects the body's
exterior against contamination, our
tissues are armed against microbes in
a most ingenious way. The mucous
membranes are covered with a solid
mosaic of epithelial cells. These con-
stitute a first palisade. If it is punc-
tured, it mends itself. In certain deli-
cate regions of the respiratory and the
alimentary passages, nature does still
better—gives a vibrating lash to each
cell of the membrane. The lashes are
continually sweeping the surface.

But what if a fissure occurs, and a
virulent microbe finds it? Will the
invader penetrate our system on that
account? No. The glands secrete
mucus, and mucus is antiseptic. Let
us consider the part it plays.

Professor Gantier was the first to
show that solutions of mucine fur-
nished by mucus were almost wholly
incapable of putrifying. Dunge in
Germany and Wartz and Lermoyez in
France completed the demonstration.
The mucus secreted by the glands of
the mucus membranes destroys the
microbes or mitigates them. This dis-
covery throws light on many formerly
mysterious phenomena.

For instance, to cite a single ex-
ample, almost anything is enough to in-
jure the ear-drum. Wind, dust, and
certain microbes irritate it. What has
the architect of the human body done
to protect it? In the first place, it is
set at the end of a long, winding tun-
nel. Then, the lining of that tunnel is
crowded with microscopic oil cans.
These glands contract at the least dis-
turbance and bathe the tunnel's sur-
face with a bitter, sticky oil, which
defeats the intruder. These little oil
cans might be compared to vigilantes
defending the access to the ear-drum.
Moreover, when a man grows old,
and the glands wear out, nature re-
places them with tufts of hair inside
the ear.

These very unpretentious reflections
have, I hope, reassured some of the
timorous souls who are haunted by the
microbe nightmare. Why should one
spoil one's life and insult nature by
being all the time afraid? Let us per-
mit her to carry on her work of pro-
tection in peace. The epithelial ram-
part and the antiseptic mucus can
withstand many an onslaught. And
this defense costs the organism noth-
ing. Just as policemen answer for the
safety of a city, so these constables
of the body justify our tranquility.
Battalions of phagocytes will be mob-
ilized and anti-toxins brewed only
when the police have been beaten
and war is inevitable.

All this may be summed up by
saying, "Life is antiseptic." It is
antiseptic not only in an active way,
as we have just seen, but also in the
very composition of our bodies and
their fluid milieu—blood, lymph, chyle
—in which our cells swim like fish in
an aquarium. In the normal state,
this milieu never varies. As it is so
composed that microbes cannot com-
mit their crimes there as long as the
milieu remains normal, we have noth-
ing to fear. This might be expressed
still more clearly by saying that the
evil seed cannot germinate except in
a suitable medium. Let us see what a
suitable medium is in our own case.

When I was a little shaver in school
our good master told us some very bad
things which we took very gayly. They

kept informing us that we were made
of clay. They also said that man was
dust and would turn to dust again.
But this was too much for us, and de-
spite our respect for the Holy Book and
our fear of the switch, we had
hard work swallowing those stories.

Well, our teachers were right. The
tiny human beings that disport them-
selves on the earth's surface are of
the same material as the earth. Man
is not only a child of the earth; he is
identical with it. The arrangement
varies, no doubt, but the primitive ma-
terials are the same. Memento homo
quia pulvis es.

The highest part of the cosmic mil-
lieu is the atmosphere, which, as
everybody has heard, is composed of
oxygen, hydrogen and azote. Then
comes the ocean's mass, whose den-
sity is first; next comes the rocks, with
a greater density, and finally there
are the heavy metals, lying deep
down. As this cosmic milieu existed
before living matter, it naturally fur-
nished the substances entering into its
composition. Naturally, also, the ma-
terials on the crust of the planet were
the ones employed. As Mr. Delage
says: "Nature takes what she can get
and does with it what she can."

Oxygen is the most widely distrib-
uted of all the elements, so to oxygen
was assigned the duty of maintaining
life. United with iron—the only one
of the heavy metals that goes to the
making of our bodies, because it is
the most abundant and the most gen-
erously disseminated—oxygen is car-
ried by blood globules all through our
tissues.

After oxygen, the torch-bearer,
comes water. It forms four-fifths of
the organism. Charged with salt, it
casts out poisons. It joins other ele-
ments in making new cells. It is the
Jack of All Trades in our insides.

Next in order come carbon, hydro-
gen, and azote, then calcium, sodium,
potassium, aluminium, silicon, phos-
phorus, sulphur, iodine, fluor, arsenic,
chlorine—all of them handy materials.

But let me not tarry too long over
this matter of chemistry. I need only
point out the uses of the metals, some
of which engender and assure life,
while others arrest and sterilize it
wherever they meet it. Among the
first, I would have you remember cal-
cium, phosphorus, sulphur, chlorine;
among the second, mercury, lead and
silver. Let us note in passing that
we moderns are getting back to the
ideas of the alchemists, who divided
metals into the good and the bad, and
gave them souls.

Now, what I mean to show is this:
The human body was made for our
cells and not for microbes. As long
as the human soil is good, the mi-
crobes have a brief and miserable car-
eer there. On the other hand, you
may say that when a metal goes out
a microbe comes in.

Then do you conclude that our mil-
lieu is wholly understood, so that when
any one material runs short, a fresh
supply can be laid in? Alas, the prob-
lem is not so simple! Nature seems
to have forbidden us to get our ma-
terials straight from the earth. There
must be a go-between—animal or veg-
etable.

However, this much is clear. The
human soil is radically unfavorable to
the life of the microbe, and we know a
still more important thing—namely,
the constancy of that human milieu.
In all races and in all latitudes, the
body's composition is the same. Al-
ways the identical proportion of salts,
albumen and water. And the great
purpose of this constancy is to see to
it that our tissues shall remain anti-
septic.

Instead of pestering our souls about
microbes, let us keep attentive to
what defends us against them. Let us
fix our interest upon our human
soil and not upon germs outside it.
Let us try to observe the moral that
underlies the old Greek myth of An-
taeus, who, in his struggles against
his enemies, regained his strength
every time his feet touched the
ground.

"THAT TIRED FEELING."

At the end of a busy week nearly
every breadwinner experiences a tired
feeling which is difficult to shake off.
Walks have been suggested and swim-
ming comes in as a second but in the
experience of many nothing equals a
few hours and some of the good meals
at Haleiwa. There is a bench there
that is unexcelled on the island, there
are pleasant walks in the neighbor-
hood of the hotel, fine golf links and
exceptionally good tennis courts. It
is said by those who have tried that
Haleiwa offers the best rest cure in
the country.

Fine Job Printing, Star Office.

THE STANDARD MAP
OF THE WORLD

The completion of the Standard In-
ternational map of the world not only
is of importance for its primary ob-
jects, but for the great impetus that
it will give to the exploration and
survey of the less-known regions of
the world, as a good-natured rivalry
is bound to ensue in completing the
quota of the sheets assigned to each
nation. To do this, further surveys
will be instituted, while from time to
time additions and corrections will be
made to existing sheets. Finally, when
the world map is completed, it will
afford a satisfactory base map on
which may be laid coloring or other
modifications for census purposes, for
geology, ethnography, crops, meteorol-
ogy and similar objects.

What the time required to complete
this great atlas will be it is of course
impossible to tell. For the sheets to
be compiled by the United States Ge-
ological Survey it is estimated that the
base and topographic maps can be
completed in ten or twelve years at
the present rate of federal appropri-
ations. But with the co-operation of
the individual states this time can be
reduced materially. The estimated cost
of compiling the base map without
the topography is stated as from \$15
to \$35 per thousand square miles. The
cost is least, of course, where the
topographic surveys are full and com-
plete, and most in densely settled dis-
tricts where many names and details
of culture must be added, or where a
lack of maps or surveys makes com-
pilation difficult. So well organized is

the geographic work of the Geological
Survey, compensating in large mea-
sure for the poor work of American
private map makers, that the cost can
be gauged with considerable exact-
ness and the work prosecuted with
vigor and precision as funds are pro-
vided.—From "Mapping the World on
a Standard Scale," by Herbert T.
Wade, in American Review of Re-
views.

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The uniform success that has at-
tended the use of Chamberlain's Colic,
Cholera and Diarrhoea Remedy has
made it a favorite everywhere. It can
always be depended upon. For sale
by all dealers, Benson, Smith & Co.,
agents, for Hawaii.

Willis—He calls himself a human
dynamo.
Gillis—No wonder; everything he
has on is charged.—Judge.

Fine Job Printing, Star Office.

DIVIDEND NOTICE.

Honolulu Rapid Transit & Land Co.,
Ltd.

The directors of this corporation
having declared a dividend of \$1.50 per
share (13½%) on the common stock,
the same is due and payable on the
30th day of September, 1911. Stock
transfer books will be closed from
September 27 to October 1, both dates
inclusive. ALFRED L. CASTLE,
Secretary, Honolulu Rapid Transit &
Land Co.



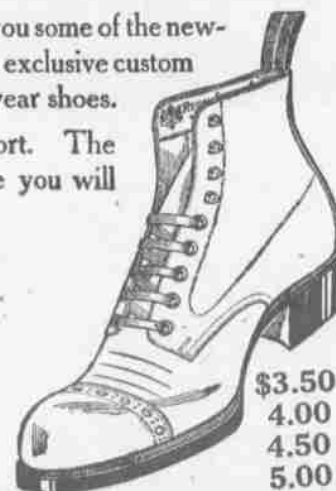
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Won't you come in and let us show you some of the new-
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styles not found in other ready-to-wear shoes.

We guarantee perfect fit and comfort. The
long service your Regals will give you will
complete your satisfaction.

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You cannot expect a good cup of Coffee unless you buy

GOOD COFFEE

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age to bring out that rich, mellow aroma. Try ours.

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P. S.—Our best coffees are not on sale in packages. You get it only by
calling at 16 Merchant St., freshly ground.

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Bijou Theater

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HAS ANYBODY SEEN

KELLY

Not everybody, but every one should
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Tom Kelly

Prince of Baritone Singers of Popular
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DON'T MISS HIM THIS WEEK.

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Will present new series of acrobatic
stunts with thrills attached to each.

Feature Film: "Betty at Redwood."
An Indian Picture.

Orchestra—Direction C. Miltner.

Empire Theater

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SPECIAL ANNOUNCEMENT.
FRIDAY AND SATURDAY.
FEATURE FILMS.

Japanese pictures taken by Japanese
film-makers. One shows scenes along
a railway—tourists' paradise. Another
is a screaming farce showing a race
against time with geishas in rick-
shaws and streetcars. This is unique.

Tinkling, Tinkling Tunes by

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Tenor and Baritone,
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Music and Dancing.
Coffman's foot tapping is catching.

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Athletic Park Baseball

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Sunday, September 24.

1:30—J. A. C. vs. HAWAII.
3:30—P. A. C. vs. STARS.

Prices 35c, 25c, 15c, 10c
Reserved Seats for center and
wings of grandstand can be booked at
E. O. Hall & Son's sporting depart-
ment. Entrance, King street.

Tickets on sale at M. A. Gunst's
Lgar Store from 1 p. m. Saturday to
11 a. m. Sunday.

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New goods received ex-S. S. Lurline.
Shirt waists, latest styles in coats and
lingerie novelties.

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Young Building.

Stella—What do you consider a
waste of opportunity?

Bella — A freight train going
through a tunnel.—New York Sun.